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PROTECT THE BLOOD®

UMOJA SASA®

UNITY NOW!

AN HIV/AIDS PREVENTION GUIDE

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UMOJA SASA!®

A lot of you are asking, "How do you pronounce that, and what does it mean?"

UMOJA SASA® is pronounced *"YOU-MOW-JAH SAH-SAH,"* and it is Swahili for **"UNITY NOW!"**

If there is one thing that we need in the African American community today, it is **UNITY**, and we need it **NOW**!

We need **UNITY NOW** to stop the killing in our community.

We need **UNITY NOW** to stop the drugs in our community.

We need **UNITY NOW** to stop breaking up our families.

And **NOW** we need **UNITY** to stop the spread of HIV/AIDS in our community.

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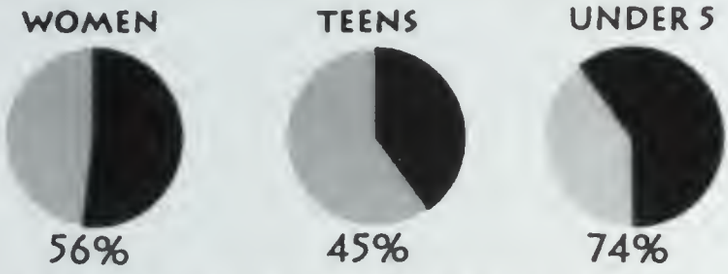
DID YOU KNOW THAT:

- Most of the women in the country with AIDS are African American!
- The majority of the babies in the country with AIDS are African American!
- The fastest growing group of teenagers with AIDS is African American!
- Over the last year, the second-fastest-growing population of men with AIDS in the country is African American!

Of 27.9 million cases of people with HIV infection in the world, the majority are BLACK PEOPLE.*

% OF AIDS CASES
THAT ARE AFRICAN AMERICAN*



AFRICAN AMERICANS ARE:

12% OF THE U.S POPULATION

36% OF PEOPLE WITH HIV/AIDS

42% OF NEW CASES IN THE LAST YEAR

It is time to WAKE UP! It is time to **UNITE NOW**! We have to come together and stop fighting against each other. It is time to start fighting our real enemies, and our number one enemy is AIDS! Yes, brothers and sisters, it is time to

PROTECT THE BLOOD!®

HOW CAN YOU GET HIV/AIDS?

HIV is transmitted through:

- semen or vaginal fluids
- blood
- from infected mothers to babies during pregnancy, birth or breast feeding.

So you can get the virus:

- by having unsafe sex (i.e. not using a condom or a dental dam)
- and by sharing needles or anything else that touches an infected person's blood and is then put into your bloodstream.

HOW CAN YOU TELL WHO HAS THE VIRUS?

- It's hard to tell.

Thousands of brothers and sisters already have HIV and don't even know it because they look and feel healthy.

HOW CAN WE "PROTECT THE BLOOD !" FROM THE AIDS VIRUS?

1. Abstain from having sex, i.e. "Don't do it!"

2. Don't share needles if you are using drugs!

3. If you are going to have sex, use a Latex Condom

WHAT IF YOUR PARTNER DOESN'T WANT TO USE A CONDOM?

It's hard for both men and women to talk to their partners about using condoms, but we don't have a choice. Remember, most people who carry the AIDS virus don't look sick, you just never know who might have it, so you always have to "**PROTECT THE BLOOD** !"

Condoms can make sex better. Latex condoms can help to take the worry out of sex and help protect you against AIDS, sexually transmitted diseases, and unplanned pregnancies.

More and more women are telling their men to wear condoms. And more and more men are deciding to use them. It's a good idea for everybody to become more careful.

Remember, we only have one life to live, so it's up to us to take care of ourselves!

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It's up to us to have UMOJA SASA...UNITY NOW to "PROTECT THE BLOOD!"

To learn more about AIDS, call:

ILLINOIS DEPARTMENT OF PUBLIC HEALTH

1-800-243-2437

AIDS/HIV & STD HOTLINE

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